



Spa 23 Swim School

Competitive Summer 2018

Competitive Edge: Wednesdays 6:30-7:30 pm

For swimmers ages 9 and up. High level competitive swimmer workout program focused on stroke technique, conditioning and speed development. Legal execution of all four strokes required. 8 weeks, 1 classes per week. This class is high intensity, superior level competitive swim training. Members: This clinic is instructed by Coach Jane. \$249 per session. Guests: \$279 per session. Drop in: \$39 per class.

Summer Session – June 20 to August 8th

Beginner Stroke Clinic: Tuesday 6:30-7:15 pm

For swimmers ages 7 and up. Competitive swimmer workout program focused on stroke technique and conditioning. Promotion from Level 4 or swim test required. 8 weeks, 1 class per week. Members: \$189 per session. Guests: \$239 per session. Drop In: \$32 per class. This clinic is instructed by Coach Jane.

Summer Session – June 19th to August 7th

Beginner Stroke Clinic: Thursday 6:30-7:15 pm

For swimmers ages 7 and up. Competitive swimmer workout program focused on stroke technique and conditioning. Promotion from Level 4 or swim test required. 8 weeks, 1 class per week. Members: \$189 per session. Guests: \$239 per session. Drop In: \$32 per class. This clinic is instructed by Coach Vera.

Summer Session – June 21 to August 9th

Now offering Small Group Swimming!

Make your own small group swimming session (4-8 participants) on your schedule on your time with your own selected instructor. Six classes that are customized to your group's goals! Classes can be 30 or 60 minutes. Great for members or guests! Speak with your instructor about this option today to get your class ready to swim!

Welcome to our competitive program! For more individualized stroke development or goal specific training, ask about private lessons with one of our experienced competitive coaches! Contact, Rachel Bohmann at aquaticsdirector@spa23.com. Registration is final once enrolled. Refunds and makeups are not available for these programs. Drop ins are permitted if a class is not full. To register visit or call Member Services, 973-839-8823.